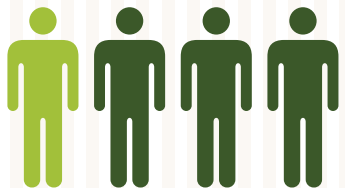


Beans



Healthy Aging

Aging Facts



The Ontario Population is Aging:

1 in every **4** Ontario citizens will be over the age of **65** by 2041.

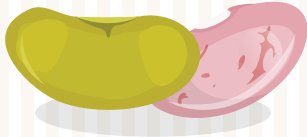


Optimal Nutrition is Key

for health promotion and disease prevention as we age.

Agriculture Facts

Beans are both
a legume and a pulse.



Ontario grows the most
beans in Canada



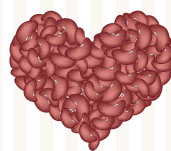
Navy beans are the most common
but there are many different
varieties grown in Ontario.

Nutrition Facts



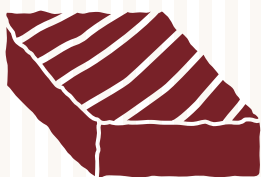
3/4 cup of beans
is **1 serving of a**
meat alternative.

Beans are nutrient rich with
their **protein, dietary fibre,**
vitamins & minerals.



Beans can help regulate
blood sugar to reduce
diabetes risk.

Ways to Enjoy!



Try including **pureed black beans**
in your next brownie recipe.



Canned beans are ready to eat
so open, rinse and add them to your
next casserole, pasta or salad.

Consider adding beans to
your next omelette.

